



Serves: 4

Roasted Pork Loin with Honey and Mustard Sauce

Ingredients

- BBQ sauce 120g
- Tomato sauce 80g
- Honey 4 tsp
- English mustard 4 tsp
- Water 60ml
- Pork loin 480g

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- The recommended amount for sodium a day is not more than 1 teaspoon of salt.

Method

- In a sauce pot, add all sauce ingredients and simmer for 10 minutes.
- Sear portioned pork loin till it turns brown.
- Transfer to a rack and continue to cook in a pre-heated oven at 190°C for 8 minutes or until the meat in the centre is no longer pink.
- Serve pork with sauce and vegetable side dish or salad.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 241kcal
Protein 28.1g
Total fat (g and % of total calories)
4.5g (16.8%)
Saturated fat 1.5g
Cholesterol 83mg
Carbohydrate 21.9g
Dietary Fibre 0.2g
Sodium 464mg